



HEALTHY RESULTS, INC.

List of Personal Training Services Available

SERVICE TYPE	PACKAGES										
INDIVIDUAL TRAINING	<ol style="list-style-type: none"> 1. Getting Started Package (5 sessions) 2. Re-Evaluation and New Program 3. Perfect Balance Package (5 Personal Training/3 Dietitian) 										
PARTNER TRAINING	<ol style="list-style-type: none"> 1. Friends 2. Husband/Wife 3. Mother/Daughter or Father/Son 4. Teammates 										
GROUP TRAINING	<ol style="list-style-type: none"> 1. 3-7 Friends 2. 3-7 Co-Workers 3. 3-7 Family Members 										
CLUB TRAINING	<ol style="list-style-type: none"> 1. 8 or more people 2. Half Marathon Running Club 3. 5k & 10k Running Clubs 4. Triathlon Training Club 5. Swim Club 6. Strength Training Club 										
SPECIAL EVENT	<ol style="list-style-type: none"> 1. Wedding 2. Pregnancy and Post-Pregnancy 3. Family or School Reunion 4. Swim Suit Ready 										
SPORTS SPECIFIC	<ol style="list-style-type: none"> 1. Basketball, Baseball, Football, Hockey, Soccer, Volleyball, Tennis 2. Beginner & Advanced Running 3. Beginner & Advanced Strength Training 4. Half Marathon & Marathon Training 5. Speed, Agility, and Quickness Training for ANY sport 6. Flexibility & Yoga 										
HEALTH CHALLENGE	<table border="0"> <tr> <td>1. Cardiovascular Disease</td> <td>6. Osteoporosis</td> </tr> <tr> <td>2. Diabetes</td> <td>7. Cancer</td> </tr> <tr> <td>3. Metabolic Syndrome</td> <td>8. Obesity</td> </tr> <tr> <td>4. High Blood Pressure</td> <td>9. Weight Management</td> </tr> <tr> <td>5. High Cholesterol</td> <td></td> </tr> </table>	1. Cardiovascular Disease	6. Osteoporosis	2. Diabetes	7. Cancer	3. Metabolic Syndrome	8. Obesity	4. High Blood Pressure	9. Weight Management	5. High Cholesterol	
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FITNESS ASSESSMENTS	<ol style="list-style-type: none"> 1. Body Fat Testing, Weight, Girth Measurements 2. Strength Tests 3. Waist-to-Hip Ratio, Body Mass Index (BMI) 4. Cardiovascular Endurance (VO2 Max) 5. Speed & Agility Testing 6. Flexibility & Posture 										
SUMMER CAMPS	<ol style="list-style-type: none"> 1. Fit Youth Training (F.Y.T) Camp 2. Take 5 Camp 3. Off Season Conditioning Camp 										
Other Special Programs	<ol style="list-style-type: none"> 1. Scorch 2. Strength Competition 										
ORIENTATION CLASSES	<ol style="list-style-type: none"> 1. Adult Orientation Class (AOC) 2. Youth Orientation Class (YOC) 										

Contact Information:

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Location: West River Community Center
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 Dickinson, ND 58601